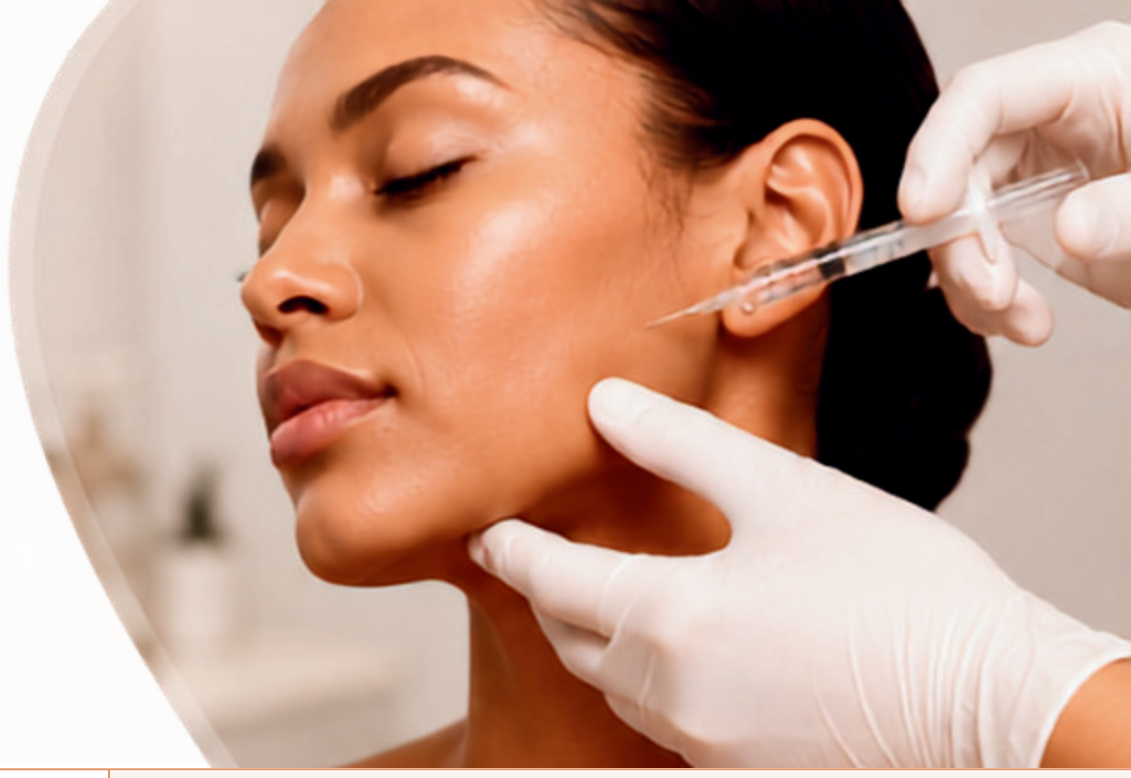
Abi Cole
AESTHETICS

# DERMAL FILLER

## AFTERCARE GUIDE

Your guide to preparing for your treatment,
knowing what to expect and caring for your results.



## BEFORE YOUR TREATMENT

A little preparation can help make your appointment as comfortable and straightforward as possible.

- ✓ Attend your consultation and disclose any relevant medical information, allergies and medications.
- ✓ Tell your practitioner about any previous aesthetic treatments or procedures.
- ✓ Arrive with clear skin and avoid applying heavy makeup around your treatment area.
- ✓ Avoid alcohol, caffeine, smoking/vaping before your appointment.

Please contact us before your appointment if you develop an illness, infection, cold sore or skin irritation around the treatment area.

Important: Your practitioner will assess your suitability for treatment and may recommend postponing treatment where appropriate.

## WHAT TO EXPECT

During your appointment

**01 ASSESS**
Review your treatment goals and assess the area being treated.

**02 PLAN**
Discuss the proposed treatment and expected outcome with you.

**03 TREAT**
Carry out the treatment using appropriate clinical techniques.

**04 AFTERCARE**
Provide personalised advice for looking after the treated area.

## AFTER YOUR TREATMENT

The first 24–48 hours

You may experience temporary effects such as:

Mild swelling | Redness | Tenderness | Bruising | Sensitivity around the treatment area

These can vary from person to person.

**Note: Dermal fillers can take 2 weeks to settle.**

## DO

- ✓ Follow the aftercare instructions provided by your practitioner.
- ✓ Drink at least 2 litres of water.
- ✓ Keep the area clean.
- ✓ Allow the treated area time to settle.
- ✓ Use the aftercare kit provided.
- ✓ Use Paracetamol for pain relief.
- ✓ Contact the clinic if you have concerns about your recovery.

## DON'T

- ✗ Don't touch the area uneccesarily or manipulate the treated area.
- ✗ Don't apply products or undertake strenuous activities or exercise.
- ✗ Don't sleep on the treated area.
- ✗ Don't take ibuprofen or aspirin.
- ✗ Don't drink alcohol or smoke/vape.
- ✗ Don't expose yourself to direct sunlight or extreme heat i.e saunas.
- ✗ Avoid any facial or beauty treatments.

## WHEN TO CONTACT US

Your safety is our priority.

Don't make assumptions about what is normal for your particular treatment. Please contact Abi Cole Aesthetics if you have concerns about your recovery or notice anything that seems unusual.

For urgent or severe symptoms, seek appropriate medical attention immediately.

**CONTACT OUR TEAM**


**WhatsApp:** 0906 813 7590
**Phone:** 0906 813 7590
**Email:** info@abicoleaesthetics.com


## YOUR FOLLOW UP

**Your practitioner will let you know whether a follow up appointment is recommended and when your treatment should be reviewed.**

**This is usually in 2 weeks after treatment.**

**Every client is different. Your practitioner may provide additional instructions specific to your treatment and individual circumstances.**






This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.